

Fitness Equipment in Gymnasium

Life Fitness Equipment

- 2 Upright Bikes
- 2 Recumbent Bikes
- 4 Treadmills
- 1 Stepper
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- 1 Smiths Machine (chest press)

- 1 Concept 2 Rower

Cybex Equipment

- 1 Seated Leg Curl
- 1 seated Row
- 1 Lat Pull Down
- 1 Chest Press

Free Weights – ranging from 1Kg to 20Kg

2 Swiss Balls

1 Medicine Ball

1 Skipping Rope

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